



NEWSLETTER

FEBRUARY 2026 |

HEART HEALTH STARTS WITH YOUR NERVOUS SYSTEM

When it comes to heart health, most people think about diet and exercise—but your nervous system plays an important role too. Your brain and spine help regulate heart rate, blood vessel function, and your body's response to stress.

Chronic stress, poor posture, and spinal tension can interfere with this communication, making it harder for your body to adapt. Chiropractic care supports spinal alignment and nervous system balance, helping your body function more efficiently and manage stress more effectively.

While chiropractic care does not treat heart disease, many patients notice benefits like improved sleep, better stress resilience, and increased energy—key contributors to overall heart health.

This February, show your heart some love by caring for your spine and prioritizing small, healthy habits that support lifelong wellness.

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I've been going to Dr. Buller and then Jeff for 20 years and I love them! My back pain has gotten so much better, my acid reflux is way down, and my migraines are at a minimum!! They are very nice, helpful and they always have time to listen to your concerns and address your needs! Highly recommend them!!

Elyse M.



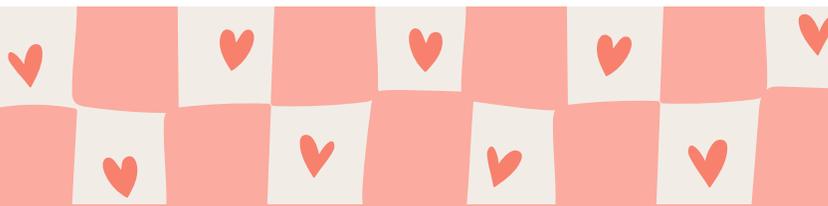
DARK CHOCOLATE ALMOND BARK

Ingredients

- 1 cup 70–85% dark chocolate, chopped
- ¼ cup raw almonds, chopped (or walnuts)
- 1–2 tbsp. unsweetened shredded coconut
- Optional toppings:
 - sea salt flakes
 - dried cherries or raspberries
 - pumpkin seeds
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Instructions

1. Melt dark chocolate gently using a double boiler or microwave in 20-second intervals, stirring until smooth.
2. Stir in almonds and coconut.
3. Spread the mixture onto a parchment-lined baking sheet.
4. Sprinkle with optional toppings and a pinch of sea salt.
5. Refrigerate for 15–20 minutes until set.
6. Break into pieces and enjoy!



everyday habits that love your heart

(SMALL THINGS THAT MAKE A BIG DIFFERENCE)

1. **Rethink salt, don't fear it:** your heart needs mineral balance. Focus on reducing processed foods and eating more whole foods - don't cut out salt entirely
2. **Lengthen your exhale:** a longer exhale signals your nervous system to relax, helping lower heart rate and stress
3. **Keep a consistent sleep schedule:** regular bed and wake times help regulate blood pressure and heart rhythms
4. **Posture matters:** sitting and standing tall supports breathing and oxygen flow.
5. **Stay connected:** meaningful social interactions reduce stress and support heart health